

Silverado Park Senior Center

1545 WEST 31 ST STREET
Long Beach (Corner of Santa Fe & 31st)

HOURS OF OPERATION:

MONDAY-FRIDAY: 9 am - 2 pm

PHONE: (562) 570-1675

Staff at Silverado Park Senior Center is committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

Special Events:

American Red Cross

Monday, October 2

11:30 am - 12:30 pm

Topic: People with Disabilities

Guest Speaker: Gordon Brown

Friday, October 27

11:30am-12:30pm

Topic: Confidentiality

**BROWN BAG PROGRAM 1ST AND 3RD
WEDNESDAY OF EACH MONTH**

Daily Activities

AEROBICS

M-W-F 9AM-10AM

BREAKFAST AND BINGO

FRIDAYS, 10AM-11:30AM

COMPUTER LAB

MONDAY-FRIDAY, 10AM-NOON

HSA LUNCH

MONDAY-FRIDAY, NOON-1PM

NUTRITIONAL LUNCH PROVIDED BY HUMAN SERVICES

Long Beach, Parks Recreation & Marine
Community Recreation Programs and Services

OCTOBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 AEROBICS 9-10AM POOL: 10AM-NOON	3 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	4 AEROBICS 9-10AM POOL: 10AM-NOON	5 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	6 AEROBICS 9-10AM BINGO 10AM-NOON
9 AEROBICS 9-10AM POOL: 10AM-NOON	10 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	11 AEROBICS 9-10AM POOL: 10AM-NOON	12 Floral Arrangement Class 10am-12pm \$2.00	13 AEROBICS 9-10AM BINGO 10AM-NOON
16 AEROBICS 9-10AM POOL: 10AM-NOON	17 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	18 AEROBICS 9-10AM POOL: 10AM-NOON	19 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	20 AEROBICS 9-10AM BINGO 10AM-NOON
23 AEROBICS 9-10AM POOL: 10AM-NOON	24 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	25 AEROBICS 9-10AM POOL: 10AM-NOON	26 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON	27 AEROBICS 9-10AM BINGO 10AM-NOON
30 AEROBICS 9-10AM POOL: 10AM-NOON	31 CROCHET CLUB: 10AM-NOON PING PONG: 10AM-NOON			